

Mental health is and has been an extremely prevalent problem that reaches beyond international borders, requiring the widespread efforts of countless countries worldwide. We all know what happiness is, but strictly defining how to achieve it and following through is another matter that is much more difficult to conceive. Perhaps the country most successful in addressing this issue is Finland. While it used to claim the title as the world's "suicide capital," within the past several decades, their suicide rate has dropped over 50 percent -- a drastic improvement that not just any country can pull off. Meanwhile, America currently has the highest depression rates in the world; it was estimated that at least 7.1% of adults in the U.S. had experienced a depressive episode in 2017 alone. In addition, the diagnosis rate of eating disorders, nicknamed the "deadliest mental disorder," has been increasing in recent years. In our project, we've taken a look at what initiatives and institutional changes Finland has made to improve the nation's mental health and living conditions. We've also researched the prevalence and causes of eating disorders in the U.S. With this project, by taking some notes from a global leader in reform, we hope to bring awareness to eating disorders and overall mental health in America.